



**GEETANJALI INSTITUTE OF TECHNICAL STUDIES UDAIPUR RAJASTHAN
AICTE SPONSORED SOCIAL INCLUSION CLUB
ACTIVITY REPORT**

Importance of social skills training organized by student inclusion club for 12th science school student from 09th- 14 July 2022

Introduction:

Geetanjali Institute of Technical Studies, through its Social Inclusion Club, organized a five-day "Social Skill Training Program" for government school students. The program aimed to enhance the social skills of the participants and equip them with essential abilities to succeed in various aspects of life. Dr. Charu Khamesra, Professor, Dr. Deepika Sahu, Associate Professor, conducted the training program and also discussed the "Top 10 skills that students need to succeed."

Program Details:

Duration: 5 days

Batch Size: 35 students per day

Objectives:

- To develop and enhance social skills among 12th-grade science school students.
- To promote effective communication and interpersonal skills.
- To foster teamwork and collaboration abilities.
- To improve self-confidence and self-esteem.
- To create awareness about the significance of social skills in personal and professional growth.

Following topic have been chosen to provide social skill training to school students by engineering students

Sharing	How to share is based on a brainstorming session on sharing. What does it look like or not look like? The social inclusion club president and vice president demonstrate real-life examples. This may include scenarios about sharing food, ideas, or books.
Taking turns	People who lack social skills may not understand appropriate turn taking. They may not know how to pay attention to what is going on so our social inclusion students demonstrate real-life examples.
Making friends	Making friends begins with a brainstorming session of good character traits valued in friends. Three small groups can be formed to do this. Their answers were shared to note similarities and differences.
Understanding body language	As we all know body language activities are beneficial in improving social skills. In this lesson, group members were told about cues that they will later master themselves.

During the training program, Dr. Deepika Sahu also discussed the "Top 10 skills that students need to succeed." These skills are as follows:

- Listen to others: Paying attention to others' perspectives and actively listening to their ideas and concerns.
- Follow the steps: Understanding and following instructions and procedures accurately.
- Follow the rules: Adhering to established guidelines and regulations.
- Ignore distractions: Developing the ability to avoid or overcome distractions that can hinder productivity.
- Ask for help: Recognizing the importance of seeking assistance when facing challenges or needing guidance.
- Take turns when you talk: Practicing the skill of patiently waiting for one's turn to speak during conversations or group discussions.
- Get along with others: Developing positive interpersonal skills, such as empathy, cooperation, and conflict resolution.
- Stay calm with others: Cultivating emotional intelligence and maintaining composure during difficult or tense situations.
- Be responsible for your behavior: Taking ownership of one's actions and being accountable for their consequences.

- Do nice things for others: Engaging in acts of kindness and demonstrating empathy towards others.

Day 1: School Name - Swami Public Sr Secondary School

Date:09/07/2022



Day 2: School Name - Jyoti Senior Secondary School

Date: 11/07/2022





Day 3: School Name - Jawahar Navodaya Vidyalaya

Date: 12/07/2022



Day 4: School Name - L Soldiers Public School

Date: 13/07/2022



Day 5: School Name - Aadinath Senior Secondary Public School

Date: 14/07/2022





Conclusion:

The "Importance of Social Skills Training Program" conducted by the AICTE Sponsored Social Inclusion Club at GITS was a resounding success. The program equipped the 12th-grade science school students with valuable social skills necessary for their personal and professional growth. The participants expressed increased confidence, improved communication abilities, and a better understanding of the importance of interpersonal interactions.



The program also comprised many performances by GITS students like singing, dance, drama, speeches and poems on patriotic themes. The program was attended by GITS Director, Dr. Vikas Misra, Director IQAC Prof. Sudhakar Zindal, Heads, Deans, all faculty members and students. The program was a great success as many people in Celebration Mall joyfully attended the program and participated in the activities and also brought the National flag at their home with them which was distributed by GITS. The mall was filled with the feeling of patriotism as everyone held the National Flag in their hands and sang patriotic songs in the honor of the Nation. The event proved to be a resounding success, with the Social Inclusion Club of GITS effectively promoting a sense of national unity and fostering patriotism among the attendees. Such initiatives contribute to the overall growth and development of the institution and its commitment to social inclusiveness.

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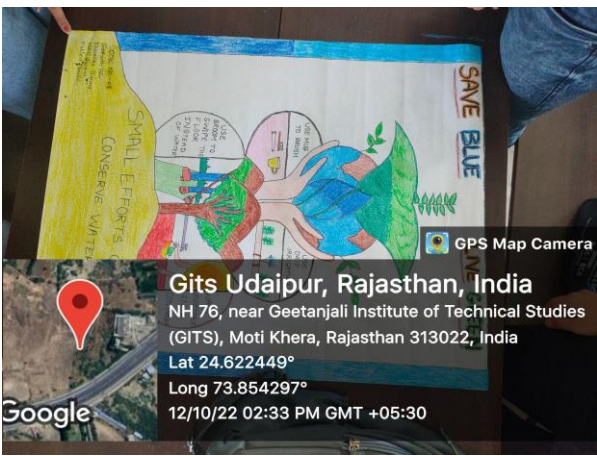
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03. Poster Making Competition on social issues such as Domestic Violence, Women's Rights and Animal Rights on 12th October 2022.

Social Inclusion Club organized Creativity is absorbing, and making posters is a great way to spend your time. Students were asked to make posters on social issues like environment, pollution, female feticide etc. they were able to clearly depict the message behind each poster.







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ART OF LIVING SESSION

Social Inclusion Club of Geetanjali Institute of Technical Studies is organizing a 1 day Art of Living Session on “Inner Peace-Outer Dynamism” by Mr. Sidharth Panday on 14th October 2022.

Event Details:

Title: Art of Living Session - "Inner Peace-Outer Dynamism"

Facilitator: Mr. Sidharth Panday

Organizing Body: Social Inclusion Club, Geetanjali Institute of Technical Studies

Date: 14th October 2022

Venue: CSE Seminar Hall

Objectives:

Promote the concept of inner peace and its impact on outer dynamism

Provide participants with practical tools and techniques for managing stress and enhancing well-being

Facilitate personal growth, self-discovery, and self-awareness

Create a platform for participants to interact and learn from Mr. Sidharth Panday, an experienced practitioner in the field

गिट्स में विद्यार्थियों ने सीखे आर्ट ऑफ लिविंग के गुरु



उदयपुर (वि)। गीतांजली इंस्टिट्यूट ऑफ टेक्निकल स्टडीज डबोक उदयपुर में डिपार्टमेंट ऑफ ह्यूमनीटीज एण्ड बेसिक साइंस के तत्वावधान में इनर पीस एण्ड आउटर डायनामिज्म थ्रू आर्ट ऑफ लिविंग पर एक दिवसीय मोटिवेशन टॉक का आयोजन किया गया। विद्यार्थियों ने योग प्राणायाम एवं सुदर्शन क्रिया आदि के बारे में जाना और समझा। संस्थान के निदेशक डॉ. एन.एस. राठौड़ ने बताया कि तनाव भरी जिंदगी में सुकून के दो पल के साथ जीना ही आर्ट ऑफ लिविंग हैं। अ मुख्य अतिथि ने विद्यार्थियों को रोजाना जीवन की चुनौतियों का सामना योग और अभ्यास से कैसे करें, इसके बारे में बताया। इसके अतिरिक्त विद्यार्थियों को ध्यान और प्रभावशाली श्वास प्रक्रिया, सुदर्शन क्रिया तनाव में कमी स्वास्थ्य में सुधार और पारस्परिक कौशल पर विद्यार्थियों को ज्ञान दिया।



Event Highlights:

- The event commenced with a warm welcome and introduction of Mr. Sidharth Panday as the facilitator for the day.
- Mr. Panday delivered an insightful keynote address, highlighting the importance of inner peace in achieving outer dynamism. He emphasized the role of mindfulness, meditation, and conscious living in finding balance and happiness in life.
- The participants engaged in various interactive sessions, including guided meditation, breathing exercises, and group discussions. These activities allowed them to explore their inner selves, reflect on their emotions, and learn effective stress management techniques.
- Mr. Panday shared personal anecdotes and practical examples to illustrate the principles of the Art of Living. His engaging style and expertise in the subject matter captivated the audience and inspired them to incorporate these practices into their daily lives.
- Participants were given the opportunity to ask questions and seek guidance from Mr. Panday, fostering an environment of active learning and dialogue.

- The event concluded with a closing ceremony, where participants expressed their gratitude to Mr. Sidharth Panday and the organizing committee for organizing such a transformative session.
- Participant Feedback:
- Feedback received from participants indicated a high level of satisfaction with the event. Many expressed gratitude for the opportunity to learn valuable techniques for stress management and personal growth.
- Participants reported feeling more relaxed, self-aware, and equipped with practical tools to maintain inner peace in their lives.
- Several attendees mentioned their desire for more such sessions in the future, indicating the positive impact of the event on their overall well-being.

Conclusion:

The one-day Art of Living Session, "Inner Peace-Outer Dynamism," conducted by Mr. Sidharth Panday on 14th October 2022, was a resounding success. The event provided participants with valuable insights and practical techniques for cultivating inner peace and enhancing their outer dynamism. The Social Inclusion Club of Geetanjali Institute of Technical Studies demonstrated its commitment to promoting mental well-being and personal growth among its members. The positive feedback received from participants serves as a testament to the effectiveness and impact of the session.

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Haldighati Visit

The Student Social Inclusion Club organized a local area visit for the newly joined first-year engineering students to Haldighati on October 15, 2022. Haldighati is a historically significant mountain pass located between the villages of Khamnor and Balicha, situated in the Aravalli Range of Rajasthan, India. The purpose of the visit was to provide students with an opportunity to explore the rich historical and cultural heritage of the region.

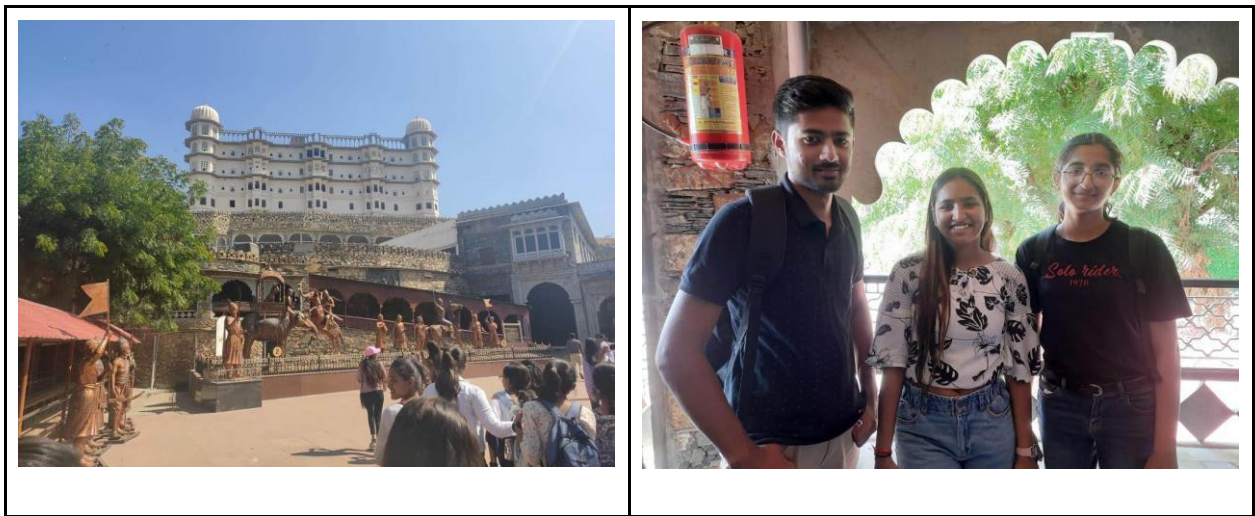
Destination Details:

Name: Haldighati

Location: Aravalli Range, Rajasthan, India

Distance from Udaipur: 44 kilometers





Haldighati is a mountain pass known for its turmeric-colored yellow soil. It holds historical significance and is famous for the Battle of Haldighati, where Maharana Pratap's horse, Chetak, played a crucial role. Chetak was fatally wounded in the battle and a cenotaph was erected in his honor at the site where he fell. The local area visit to Haldighati organized by the Student Social Inclusion Club provided an enriching experience for the first-year engineering students. The visit allowed them to delve into the historical significance of the region, learn about the Battle of Haldighati, and pay tribute to the bravery of Maharana Pratap's horse, Chetak. Additionally, students had the opportunity to immerse themselves in the local culture, interact with the residents, and appreciate the natural beauty of the Aravalli Range. The visit fostered a sense of appreciation for history, heritage, and cultural diversity among the students, contributing to their holistic development.



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Expert Lecture on Nasa Mukti and water conservation **Expert lecture by Dr. PC Jain on**
“Water Conservation and Nasa Mukti”

Dr. Prakash Chandra is devoting his life to serve in the social sector. He left his medical practice when he got a call to do his bit toward society. He is primarily working against Drug Abuse and for Water Conservation.

Dr. Prakash Chandra Jain is an MBBS of 1968 batch. For the past twenty years, he has been doing social service. Besides, he also provides consultation and counseling to outdoor patients and addicts and works against Drug Abuse. He also works for water conservation and raising awareness about NASA MUKTI. He is also working on solar energy, solar cookers and solar power. He has been awarded on many occasions for his work in the social sector. He was recently awarded a Water Hero Award by the Central government.

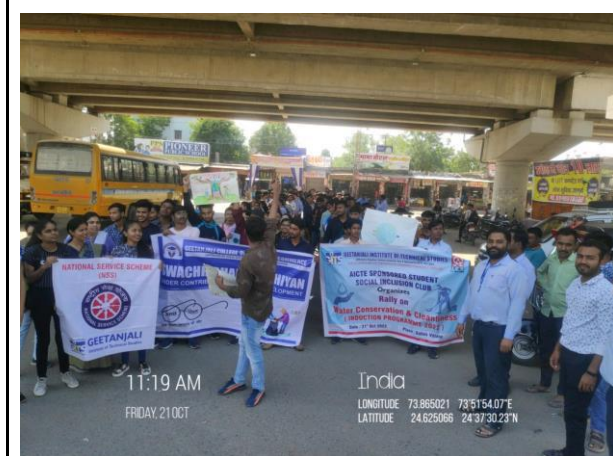
The session began with the welcome of Dr. PC Jain by the Campus Director Dr. N.S. Rathore and the Social Inclusion Club Faculty Coordinator Dr. Vishal Jain. The President and Secretary of the Social Inclusion Club also participated in a social drama on water conservation to give a social message to the students.



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Awareness Rally on Water Conservation & Cleanliness on 21st October 2022

GITS social inclusion club organized Rally on Water Conservation & Cleanliness on 21st October 2022 at Dabok Village for newly joined first year students during the induction program 2022-23. Entire program was conducted by social inclusion club members.



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“BLOOD DONATION CAMP”

GITS SOCIAL INCLUSION CLUB successfully organised a blood donation camp on the occasion of CHILDREN'S DAY at GITS Campus itself (14 Nov 2022). A total of 100 people donated in this noble cause. All the donors got certificates sponsored by HDFC. Social Inclusion club **President Prithvi Raj Singh Gour and Vice president Shashwat Sharma**, Secretary: Gajendra Meena Event scheduler: Kanishk Singh, Harsh Sharma and members also donated blood. Vice president Shashwat Sharma mentioned that donating blood helps lower the risk of cancer as the iron stores in the blood are maintained at healthy levels. When there is a reduced iron level in the body, it is linked to lower cancer risk. Campus director **Dr. N. S. Rathore** tells all the volunteers that One blood donation can save up to three lives.





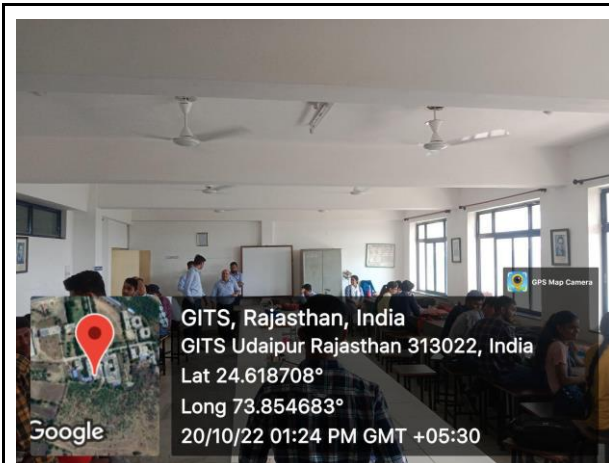
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Poster Making & Best out of waste event conducted by Social inclusion club on 20/10/2022

GITS social inclusion faculty coordinator Ms. Anjali Dhabhai organized a best out of waste competition during the induction program of B.Tech first year students. Campus Director **Dr.N.S. Rathore Sir** conveys the message to the students that the world's natural resources are limited, and some are in short supply. We need to remember that recycling is vital to the future health of our planet. for the following reasons

1. Conserving natural resources
2. Protecting ecosystems and wildlife
3. Reducing demand for raw materials
4. Saving energy
5. Cutting climate-changing carbon emissions
6. Cheaper than waste collection and disposal
7. Tackles youth unemployment





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Blanket Distribution Drive

□ Be the reason behind someone's smile □ be the reason someone feels loved and believes in the goodness in people. With this motto GITS Social Inclusion Club conducted a social activity "Sharing Happiness" on 13th December 2022. The activity was conducted by faculties and students in different circles of cities and blankets were distributed to the needy and economically deprived.. Social Inclusion club **President Prithvi Raj Singh Gour and Vice president Shashwat Sharma,** Secretary: Gajendra Meena Event scheduler: Kanishk Singh, Harsh Sharma and members distributed blankets and the happiness on the faces of the people could not be compared to any treasure.

गिट्स विद्यार्थियों ने जरूरतमंदों को बाँटे कम्बल



महानगर संवाददाता

उदयपुर। गीतांजली इंस्टीट्यूट ऑफ टेक्निकल स्टडीज डब्लोक उदयपुर (गिट्स) सोशल इनक्लूजन क्लब द्वारा 'खुशिया बाँटे' के तहत जरूरतमंदों को कम्बल वितरण किए गए।

संस्थान निदेशक डॉ. एन.एस. राठी ने बताया कि किसी गरीब के चेहरे पर खुशियां लाना बहुत ही सामाजिक व धर्म का काम होता है। समाज में परोपकार से बढ़कर कोई धर्म नहीं होता। वसुधैव कुटुम्बकम् की भावना से प्रेरित होकर गिट्स के

सोशल इनक्लूजन क्लब के तत्वावधान में बी.टेक प्रथम वर्ष के विद्यार्थियों के ग्रुप 'यूनिटी 2022-23' द्वारा कम्बल वितरण किए गए। राठी ने कहा कि छात्र मन बहुत ही सरल व कोमल होता है। इनको छात्र जीवन से ही भले काम के लिए प्रेरित करना चाहिए। जिससे भविष्य में एक बेहतर समाज की स्थापना हो सके। कार्यक्रम संयोजक बेसिक साईंस विभागाध्यक्ष डॉ. विशाल जैन के अनुसार कम्बल वितरण समारोह में कुल 250 कम्बल बाँटे गये। उल्लेखनीय है कि कम्बल वितरण के लिए यह राशि विद्यार्थियों के स्वयं द्वारा एकत्रित की गई थी।





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Earth Day Celebration

Geetanajli Educational Society has organized Earth Day Celebration from April 21st to 23rd April 2023 in association with Udaipur Animal Feed. Day 1 21st April 2023 event was attended by students of GITS, GIM and GISC held in the GITS campus. We have discussed the reasons for celebrating Earth Day and how to use the 5 R strategy: reduce, reuse, recycle, refine, and refuse.

Mr. Dimple Bhavsar, the founder of Udaipur Animal Feed, also addressed the students and faculty members about how to care for birds and animals. All faculty members and students contributed to the celebration by installing small water pots, bird houses, bird feeders to create harmony in the environment. Program was coordinated by GITS UHV Cell, NSS , NCC units, AICTE Sponsored Social Inclusion Club.



The poster for the Earth Day event at Geetanjali Institute of Technical Studies. It features the NBA and AICTE logos at the top. The text reads: "On the occasion of Earthday AICTE Sponsored GITS Social Inclusion Club, NCC, NSS, UHV Cell Organizing Social Activity REFUSE, REDUCE, REUSE, RECYCLE AND REFINES From 21st to 23rd April 2023". Below this, there are four green boxes with activities: "BUILD A BIRD FEEDER OR BIRDHOUSE", "MAKE CRAFTS WITH RECYCLED MATERIALS", "CLEAN UP YOUR NEIGHBOURHOOD", and "SWITCH TO ENERGY- SAVING LIGHT BULBS". At the bottom, there is an illustration of two people holding a globe.



The infographic titled "PROTECTING OUR PLANET STARTS WITH YOU". It contains several tips for environmental protection:

- BIKE MORE DRIVE LESS**: Encourages using bicycles.
- reduce REUSE recycle**: Encourages following the three R's to conserve resources.
- choose sustainable seafood**: Encourages making smart seafood choices.
- PLANT A TREE**: Encourages planting trees to provide food and oxygen.
- EDUCATE**: Encourages furthering one's own education to help others.
- Volunteer!**: Encourages volunteering for cleanups.
- CONSERVE WATER**: Encourages conserving water by turning off the tap.
- SHOP- WISELY**: Encourages buying less plastic and using reusable shopping bags.
- Don't send chemicals into our waterways**: Encourages choosing nontoxic chemicals.
- Long-lasting light bulbs ARE A BRIGHT IDEA**: Encourages using energy-efficient light bulbs.

RULES TO PARTICIPATE IN THE ACTIVITY

- Make water and food containers & Craft using Recycled Material, plant a tree, conserve water, educate others, etc.
- Make video of your creativity, click pictures make collage.
- Share your pictures and videos with this gogle form link : <https://docs.google.com/forms/d/1NoAhYIucfTjaiSvChWFEZmR8WzBIE3baJPBxd5MEw/>



We should save our Mother Earth so that our future generations can live in a safe environment. We can save the earth by saving trees, natural vegetation, water, natural resources, electricity, etc. by strictly following all possible measures to control environmental pollution, excessive exploitation of resources, mindless wastage and global warming.

Rules to Participate in the activity

🌍 Make water and food containers for birds, Craft using Recycled Material, plant a tree, conserve water, educate others, etc

🌐 Make video of your creativity, click pictures make collage.

🌐 Share your pictures and videos with this gogole form link :
<https://docs.google.com/.../1NoAhYiucfTjalSvhCHwFEZmR8wz.../>

Last date for participation: 23/04/2022

On 23rd April 2023, Geetanjali Institute of Technical Studies with Udaipur animal feed took a step towards protecting our planet on the occasion of Earth Day by organizing a rally at Fatahsagar. The aim of the rally was to spread awareness about the need to save our mother earth. The faculty members. Staff and students of our institute were enthusiastic about this initiative and they actively participated in the event.





During the rally, the students also distributed birdhouses to the public, encouraging them to contribute to the cause. These birdhouses are an important step towards saving our feathered friends and preserving our ecosystem.

Our esteemed Director, Dr. N.S Rathore, graced the gathering with his presence and addressed everyone on ways we can do our part in saving the Earth. Our institute believes that small actions can lead to big changes, and we hope that this event inspires more people to take up the cause of protecting our planet. Let's work together towards a cleaner, greener, and healthier earth for all of us. The program was coordinated by the GITS AICTE sponsored Social Inclusion Club, with the full support of the NSS, NCC units, and UHV cell. Let's continue to work together and make a difference for our beloved Mother Earth.